

WHEREAS; self-care is defined by the Oxford English Dictionary as “the practice of taking an active role in protecting one’s own well-being and happiness, in particular during periods of stress”; and

WHEREAS; important self-care principles include acknowledging that individuals must take care of themselves before they can take care of others, knowing and recognizing their worth and striving for a healthy work-life balance; and

WHEREAS; Self-Care Awareness Month can be observed by incorporating self-care techniques into daily life, including by practicing self-love and kindness, listening to music, practicing meditation, or simply taking time for one’s self; and

WHEREAS; understanding how stress affects us—and being aware of the physical symptoms, such as headaches, low energy, upset stomach, aches and pains, and insomnia, that stress can manifest—can be key in discovering which self-care techniques work best for each individual; and

WHEREAS; this month provides all Wisconsinites with an opportunity to reflect on their health and well-being and recognize that practicing self-care can be a critical tool in building resilience and improving one’s mental and physical health;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,
do hereby proclaim September 2022 as

SELF-CARE AWARENESS MONTH

throughout the State of Wisconsin and I commend this observance
to all our state’s residents.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this 12th day of September 2022.



TONY EVERS, Governor

By the Governor:



DOUGLAS LA FOLLETTE, Secretary of State